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IT AIN'T WHERE HE'S BEEN, BUT WHERE HE'S ABOUT TO GO

THE MARKETING OF JAY-Z'S LATEST ALBUM IS CHANGING THE RULES OF THE MUSIC INDUSTRY PAGE 8

Morsi not backing down

Egypt's embattled president demands the military withdraw its ultimatum PAGE 4

Once more, with phyllo

Asparagus, red pepper and goat cheese is an easy alternative for a filling to peas and carrots PAGE 11

HISTORY AT PLAY

Actors Dave Turcotte, left, as Amédée Forget, Saskatchewan's first lieutenant-governor, and Vincent Murphy as gardener George Watt perform amongst spectators on Tuesday at Regina's Government House in one of several new vignettes about the province's history. The six vignettes will be performed there and at the RCMP Heritage Centre every Tuesday and Saturday throughout the summer. **Story, page 3.** ROSS ROMANIUK/METRO

Don't become a statistic: Cops

Drivers urged to use caution. Are we headed for another deadly summer on provincial highways?

JANE CAULFIELD
Metro in Saskatoon

After six fatalities in five collisions on Saskatchewan highways this past Canada Day long weekend, RCMP are hoping this isn't the beginning of another deadly summer.

"Last year, in August, it was like someone died every day. We had 30 fatalities," Stéphane Caron, staff sergeant for RCMP North Traffic Services, said on Tuesday.

"And it was mostly impaired drivers or drivers who didn't belt up who died."

While it is too early to definitively say what caused the five collisions on the holiday weekend, Caron said the annual statistics for impaired driving in Saskatchewan are alarming.

"In general, most of our fatal collisions in the province involve alcohol and close to 40 per cent involve people who are not belted in," said Caron.

Though summer has just begun, 14 people were killed on Saskatchewan highways in June — a number Caron points out is smaller than in the same month last year.

But after an extremely deadly summer on highways throughout the province in 2012, Caron said the RCMP are stepping up their road presence and watching for dangerous drivers.

He added, however, that statistics can almost guarantee that every long weekend will bring at least one Saskatchewan highway death.

"We can only do so much," Caron said.

"It's really up to the people to not make bad decisions, or to others to put their foot down and not let their friends get behind the wheel.... Everyone should stay safe and not become a statistic."

Impaired-driving charge

Woman killed in city crash

The traffic tragedies in Saskatchewan this past weekend weren't confined to rural highways.

A crash early on Sunday in Regina killed a young woman and led to an impaired-driving charge against a 31-year-old man.

The 20-year-old victim was driving a car at Wascana Drive and Broad Street when it collided with a truck. The Regina woman was pronounced dead at the scene, while a 21-year-old male passenger in her vehicle sustained serious injuries.

Mark Russel Stinson of Regina is charged with impaired driving and driving over the 0.08 per cent blood-alcohol limit.

ROSS ROMANIUK/METRO

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Ghosts from the province's past come alive in new acts

Government House. Historical vignettes illustrate province's beginnings

ROSS ROMANIUK
ross.romaniuk@metronews.ca

It's like Saskatchewan's earliest history is speaking and walking around you, and in the very rooms where it happened.

A series of new theatrical vignettes has begun a summer-long run at Regina's Government House, to illustrate the first days in office for the province's initial lieutenant-governor, Amedee Forget, as well as his dealings with the RCMP at that time when Saskatchewan was born — and vice versa.

"It's a lot of history, and you'll learn a lot from it in a fun way," Carrie Ross, Government House's executive director, said on Tuesday as the six short plays — each running about five minutes — began their run at the historic Dewdney Avenue building and at the nearby RCMP Heritage Centre.

"It's just a way to make our history come to life, and to give people a feel of what it felt like to be the first lieutenant-governor in 1905, when the province was becoming a province and growing — and creating what it is today."

The vignettes — three at Government House and three at the RCMP complex, performed every Tuesday and Saturday — involve Saskatchewan actors who strikingly resemble the long-ago people they portray in what's described as a ghost-like manner with spectators around them.

"The actors have been instructed to move about as if they're not there," Dave Turcotte, a Saskatoon actor who directs three of the vignettes and plays Forget, said of the interaction between performers and patrons.

Actors Vincent Murphy, playing a cook, and Celine Findlay as Henriette Forget, the lieutenant-governor's wife, perform in a vignette at Government House on Tuesday. ROSS ROMANIUK/METRO

"Our characters are ghosts from the past. So I want also to integrate that aspect. I want to break away from the normal perspective of a play."

The almost in-your-face nature of the free performances "creates a little challenge" for the actors, Turcotte explained, "and I'm interested in playing with that."

The plays, Ross said, are performed in English and French, "depending on the visitors coming in," and in various locations at the Government House museum. Sometimes, she said, they involve actors dancing.

"If there are visitors," she said, "they'll dance around the visitors."

Information is available at governmenthouse.gov.sk.ca and at 306-787-5773.

Curbside program gets lukewarm reception

A worker at Emterra's Regina plant uses a loader to move recyclables on Tuesday. MARCO VIGLIOTTI/METRO

Regina's east-end residents have become the first to test the city's new recycling program, though early numbers suggest only half bothered on Monday to place their blue bins on curbs for collection.

Curtis West, general manager of Loraas Disposal — the company responsible for collecting the bins — said that's a "little less" than the firm had expected. But he noted that the lukewarm reception could be linked to the Canada Day long weekend.

West said he anticipates that the number of homeowners using their wheeled carts — their contents are to be picked up every second week — will spike over the summer.

Collection crews reported some mistakes on the part of residents during the program's launch on Monday, including one bin filled entirely with leaves and another that contained Styrofoam products.

West pointed out that crews are not picking up bins that they can see are full of contaminants (non-recyclable materials).

Those contaminants are also to be filtered out at a soon-to-be-completed Emterra Environmental plant.

Emterra CEO Emmie Leung said the company will have someone on the tipping floor to pick out larger items, while a conveyor system will remove smaller contaminants.

Leung added that the $18-million plant should be completed by mid-September. Until then, the company will only sort and store materials.

"Right now, we are doing semi-processing," she said, noting that recyclables will be packed into bales.

"We stack it up (the recyclables) and open the bale and sort it properly."

If the plant runs out of space, Leung said, the company will store the bales on trucks.

MARCO VIGLIOTTI/METRO

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Flooding

Calgary Kisses concerts goodbye

Four blockbuster concerts scheduled for Stampede week in Calgary have been scrubbed because of flooding.

Stampede organizers say damage to the Saddledome arena has forced the cancellation of shows by Carly Rae Jepsen on July 10, Tim McGraw on July 11, the Dixie Chicks on July 12 and Kiss on July 13.

Organizers say crews have been working hard to address electrical, water-quality and air-conditioning issues at the rink, which is home to the Calgary Flames.

They say all of the concerts need to be indoors and can't be moved to a different venue.

THE CANADIAN PRESS

Child custody

Mom settles suit over poppy-seed drug test

A woman who had her newborn taken away because she failed a hospital drug test after she ate a poppy-seed bagel has settled a lawsuit over the case.

Lawrence County, Pa.'s child-welfare agency and Jameson Hospital have paid $143,500 US to settle the suit filed on behalf of Elizabeth Mort by the American Civil Liberties Union of Pennsylvania.

Mort alleged that the bagel she ate shortly before arriving at the hospital spurred a positive test for opiates in April 2010 that prompted the seizure of her daughter. THE ASSOCIATED PRESS

Legislation

Irish lawmakers back emergency abortions

Ireland appeared on course to legalize abortion in limited circumstances as lawmakers voted Tuesday to support a bill that would permit a pregnancy to be terminated when deemed necessary to save a woman's life.

The government's Protection of Life During Pregnancy Bill won overwhelming backing in a 138-24 vote.

Catholic leaders warned that the proposed law, which faces potential amendments this week and a final vote next week, was a "Trojan horse" designed to permit widespread abortion access in Ireland.

THE ASSOCIATED PRESS

Morsi defiant as clock ticks down to ouster by military

Egypt. President says he won't step down in face of ultimatum

The fate of Egypt's first democratically elected president hung in the balance Tuesday, hours before a deadline to yield to the demands of millions of protesters or see the military suspend the constitution, disband parliament and install a new leadership.

Embattled Islamist President Mohammed Morsi vowed not to resign, however, and he demanded that the powerful armed forces withdraw their ultimatum, saying he rejected all "dictates" — from home or abroad.

In a speech to the nation, he pledged to protect his "constitutional legitimacy" with his life and accused loyalists of his autocratic predecessor Hosni Mubarak of riding the current wave of protests to topple his regime.

Quoted

"There is no substitute for legitimacy."

Egyptian President Mohammed Morsi

Morsi, who at times angrily raised his voice, thrust his fist in the air and pounded the podium, warned that electoral and constitutional legitimacy "is the only guarantee against violence."

Morsi's defiant statement sets up a major confrontation between his Islamist supporters and Egyptians angry over what they see as his efforts to impose control by his Muslim Brotherhood as well as his failure to introduce reforms more than two years after the Arab Spring revolution.

His opponents say that he has lost his legitimacy through mistakes and power grabs and that their turnout on the streets shows the nation has turned against him.

THE ASSOCIATED PRESS

Supporters of Egypt's Islamist President Mohammed Morsi hold sticks and wear protective gear during training outside of the Rabia el-Adawiya mosque near the presidential palace in Cairo on Tuesday. Across town, Morsi's Islamist backers have hunkered down at their own rally site, vowing to resist what they depict as a threat of a coup against a legitimately elected president. AMR NABIL/THE ASSOCIATED PRESS

Cairo

Canadian Embassy closed

Canada has shut down its embassy in Cairo as civil unrest continues to rock Egypt.

"As a security precaution and to ensure the protection of all staff, we have closed our embassy in Cairo until further notice," Rick Roth, a spokesman for Foreign Affairs Minister John Baird, said in an email.

Cairo has seen throngs of protesters demanding the ouster of President Mohammed Morsi.

"Canada is deeply concerned by reports of violence in Egypt that has claimed a number of lives," Roth wrote.

THE CANADIAN PRESS

Cop suspected in gang rape arrested after outcry

In this TV footage distributed on Tuesday, tear gas is fired at angry residents storming the police headquarters Monday night in the town of Vradiyevka, Ukraine. Locals were furious after authorities failed to detain one of two police officers implicated in a gang rape. TV UKRAINE VIA APTN/THE ASSOCIATED PRESS

A police officer suspected in the brutal gang rape of a woman in Ukraine was detained Tuesday after protesters stormed and burned a police station in southern Ukraine in anger over the authorities' reluctance to place him in custody.

Residents of Vradiyevka, some 330 kilometres south of Kyiv, smashed windows, broke doors and set fire to the building late Monday, while police fought back with tear gas. The protests continued Tuesday.

The case has caused widespread anger among Ukrainians, who say that corruption, lawlessness, and the impunity of government officials and their wealthy friends have increased markedly since President Viktor Yanukovych came to power three years ago.

Fallout

Two senior regional police officials and a prosecutor have been fired for failing to properly respond to the crime.

It has also prompted an outcry among opposition lawmakers.

Officials finally caved in to public pressure and detained the officer late Tuesday, according to an Interior Ministry spokesman. A court was to decide whether to keep him under arrest or to release him on bail or a pledge not to leave his place of residence.

The victim, a 29-year-old local woman, was returning home from a bar last Wednesday when she says she was shoved into a car, driven to the woods, raped and savagely beaten by two policemen, aided by a driver. The woman remains in the hospital in serious condition, having sustained multiple fractures to her skull and bruises all over her body.

One of the suspected police officers and the alleged driver of the vehicle were detained earlier, but officials were reluctant to apprehend the second suspected policeman, who claims he was on duty at the local police headquarters when the crime happened.

The victim says the officer is lying. THE ASSOCIATED PRESS

An RCMP photograph of pressure cookers they say two people intended to use as explosive devices. DARRYL DYCK/THE CANADIAN PRESS

Canada Day bomb plot foiled: RCMP

'Self-radicalized.' Man and woman arrested, accused of planning to blow up B.C. legislature

Allegations

"They took steps to educate themselves and produce explosive devices.... They discussed a wide variety of targets and techniques."
Assistant Commissioner Wayne Rideout of the RCMP

RCMP say they have foiled a domestic terror attack hatched by two Canadian citizens, driven by an "al-Qaida ideology" to blow up the B.C. legislature during Canada Day celebrations.

The force was informed of the alleged plot in February by the Canadian Security Intelligence Service, and a five-month investigation culminated in two arrests in Abbotsford, B.C., on Monday, RCMP announced Tuesday.

"This self-radicalized behaviour was intended to cause maximum impact," Assistant Commissioner Wayne Rideout said at a news conference in Surrey, B.C.

John Stuart Nuttall, 38, and Amanda Marie Korody, born in 1983, appeared in court Tuesday morning and were charged with three counts each: knowingly facilitating a terrorist activity, making or possessing an explosive device and conspiracy to place an explosive device with the intent to cause death or injury.

RCMP released photos of what they said were the home-made bombs contained in pressure cookers, which police say are similar to the pair of bombs that killed three people and injured more than 260 during the Boston Marathon two months ago.

The RCMP said investigators ensured the alleged bombs were harmless.

A story about Nuttall in the Victoria Times-Colonist in 2003 said drug addiction fuelled a criminal record including convictions for robbery, kidnapping and aggravated assault.

THE CANADIAN PRESS

NSA scandal. Venezuela may step up to give the 'brave' Snowden asylum

NSA leaker Edward Snowden's best chance of finding refuge may hinge on the president of Venezuela, who was in Moscow on Tuesday meeting with Russian President Vladimir Putin.

With a string of countries appearing to offer Snowden little hope, President Nicolas Maduro of Venezuela told Russian reporters on Tuesday that his country has not received an application for asylum and dodged the question of whether he would take Snowden with him when he left.

But Maduro also defended the former National Security Agency systems analyst who released sensitive documents on U.S. intelligence-gathering operations.

"Who must protect Snowden? This is the question. This young man of 29 was brave enough to say that we need to protect the world from the American imperial elite, so who should protect him?" Maduro asked journalists Tuesday evening. "All of mankind, people all over the world must protect him."

Venezuelan President Nicolas Maduro THE ASSOCIATED PRESS

Another option for Snowden may be Bolivia, whose president also met with Putin during a summit of major gas exporters. President Evo Morales said in an interview with Russia Today television that Bolivia would be willing to consider granting asylum.

THE ASSOCIATED PRESS

Paul Forziano and Hava Samuels
BEBETO MATTHEWS/THE ASSOCIATED PRESS FILE

Disabled lovebirds move in

Who could blame Paul and Hava Forziano for celebrating Independence Day a few days early?

The mentally disabled newlyweds, who filed a federal civil-rights lawsuit against group homes that refused to let them to live together as husband and wife, held a moving-in party Monday at their new apartment after another agency stepped forward to offer them space.

"We can be together all the time now," Paul Forziano said. Added his wife, "Happy, not sad."

Despite the happy developments, the lawsuit filed earlier this year will go on. The couple and their parents want a judge to order that all group homes in New York make facilities available for mentally disabled married couples.

"Gone are the days where parents are told a kid has a disability, institutionalize them and forget they ever existed," said Gus Lagoumis, director of programming at East End Disability Associates — operators of the facility the newlyweds now call home.

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U.S. dollar remains top dog of reserve currencies, while euro loses its lustre

2012 report. European debt crisis discouraged central banks from using euro for reserves

International use of the euro slipped last year because of the debt crisis in Europe, but the U.S. dollar held its own as the world's leading currency for reserves held by central banks.

Currencies not traditionally used as reserves, such as the Canadian and Australian dollars, gained in favour as those countries enjoyed steady growth and lower debt than major economies.

The European Central Bank (ECB) said Tuesday that the euro's share among the currency reserves held globally by central banks fell to 23.9 per cent in 2012 from 25.1 per cent the previous year. The dollar's share was little changed at 61.9 per cent.

The ECB said the financial crisis afflicting the 17-country eurozone was a factor discouraging use of the euro for reserves, which are often held in the form of government bonds. Lending across borders in the eurozone has dropped, diminishing the liquidity that reserve holders like to see. Lower liquidity means there are fewer buyers and sellers readily found.

A one-euro coin sits atop a one-dollar US bill. Is George Washington looking a bit smug about the dollar holding its own as a reserve currency as the euro's status slipped? THE ASSOCIATED PRESS FILE

The eurozone countries have struggled with heavy levels of public debt — Greece, Portugal, Ireland and Cyprus have needed financial rescue and even large economies like Spain and Italy have worryingly high debt. Concern over that debt eased only after the European Central Bank came up with a plan to buy the government bonds issued by countries that promise to reform.

In its annual report on international use of the euro, the ECB also found that there was less borrowing in euros internationally by companies.

THE ASSOCIATED PRESS

Exchange rates

Why hold reserves?

Countries hold reserves of foreign currency so they can influence their own currencies' exchange rates in case they rise or fall too rapidly. They can do this by buying or selling currencies on foreign exchange markets.

The country issuing the reserve currency can benefit because demand from abroad supports its exchange rate and can mean lower borrowing costs for the government, as has been the case with the U.S. dollar in its role as the leading reserve currency.

Demand for dollars in the form of U.S. Treasury bonds by other countries — such as China — helps keep down the interest rate that the U.S. government pays to borrow. Money that is not spent on interest can be spent on other things, or saved.

Failure to launch. Russia's GPS equivalent crashes and burns in rocket disaster

A Russian booster rocket carrying three navigation satellites burst into flames and crashed on live TV moments after its launch Tuesday, dealing another painful blow to the nation's space prestige.

The failure follows a long string of launch mishaps that could tarnish Russia's reputation and eventually cost it a share in the lucrative satellite launch market. It also hurt one of the Kremlin's pet projects, the GLONASS satellite navigation system intended to serve as a Russian equivalent of the U.S. GPS system.

The Proton-M booster suffered an emergency shutdown of its engines 17 seconds into the flight and crashed some two kilometres from the launch pad in Kazakhstan, the Russian Space Agency said. Live footage showed the rocket tilt to one side, catch fire and crash in a giant fireball. THE ASSOCIATED PRESS

Market Minute

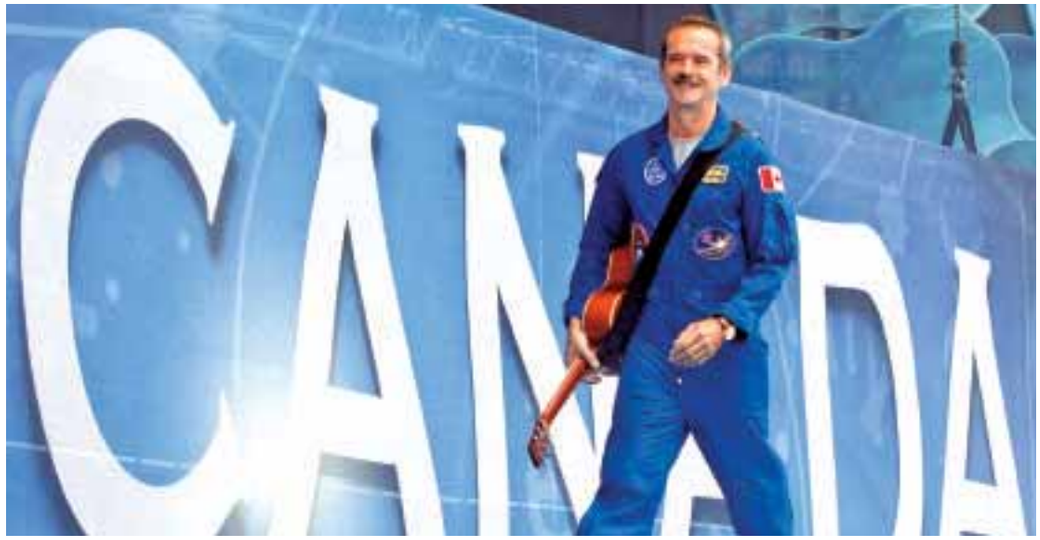
DOLLAR 94.80¢ (-0.28¢)

TSX 12,178.38 (+49.27)

OIL $99.60 US (+$1.61)

GOLD $1,243.40 US (-$12.30)

Natural gas: $3.66 US (+8¢)
Dow Jones: 14,932.41 (-42.55)



Planet Earth is blue, and there's nothing left to do?

Major Tom might have been angst-ridden at the thought of returning to a dull life on terra firma, but Canadian astronaut Chris Hadfield is clearly finding plenty to do now he's done floating in his tin can. Here, Hadfield leaves the stage after singing at the Canada Day celebrations in Ottawa on Monday. On Tuesday, it was announced that Hadfield is entering a new kind of frontier — the literary world. The first Canadian to walk in space will release An Astronaut's Guide to Life on Earth in the fall. The book will be published by Random House Canada and will offer stories, lessons and experiences from Hadfield's time in space. Hadfield retired in May after serving as commander of the International Space Station. FRED CHARTRAND/THE CANADIAN PRESS

Jewelry exec accused of breakfasting off Tiffany's

The exterior of Tiffany & Co. in New York City is seen in this file photo. A former vice-president of product development with the venerable jeweller is accused of taking 164 items from Tiffany and reselling them. GETTY IMAGES FILE

A former executive with Tiffany & Co. stole a little blue box bounty from the jeweller's midtown Manhattan headquarters and resold it for more than $1.3 million US, federal authorities said Tuesday.

Ingrid Lederhaas-Okun was arrested Tuesday at her home in Darien, Conn. She was to appear later in the day in federal court in Manhattan to face charges of wire fraud and interstate transportation of stolen property.

As vice-president of product development, Lederhaas-Okun had authority to "check out" jewelry from Tiffany to provide to potential manufacturers to determine production costs. Authorities allege that after she left Tiffany in February, the company discovered she had checked out 164 items that were never returned.

According to a criminal complaint, the missing jewelry included "numerous diamond bracelets in 18-karat gold; diamond drop and hoop earrings in platinum or 18-karat gold; diamond rings in platinum; rings with precious stones in 18-karat gold; and platinum and diamond pendants."

Under the radar

- Authorities allege Ingrid Lederhaas-Okun purposely checked out items valued at under $10,000 US apiece to avoid detection. The company takes a daily inventory of all checked-out items worth more than $25,000 US.

When confronted about the missing jewelry, Lederhaas-Okun claimed that she had left some of it behind at Tiffany and that some had been lost or damaged, the complaint said. But it also said an investigation found that Lederhaas-Okun resold the goods to an unidentified international dealer for more than $1.3 million US.

THE ASSOCIATED PRESS

HOW DID YOU NOT KNOW, JLO?

JUST SAYIN'

Paul Sullivan
metronews.ca

There are times when it's a good idea to look a gift horse in the mouth.

Such as over the weekend, when Jennifer Lopez was paid $1.5 million by the China National Petroleum Corp. for a one-night gig in Absurdistan, which included singing Happy Birthday to Gurbanguly Berdimuhamedow, the nation's beloved leader.

(Sorry, my mistake. Turkmenistan, not Absurdistan. I keep getting my 'stans' mixed up.)

If JLo or any of her people had spent five minutes on Google, they would have stayed home on the block, $1.5 million or no $1.5 million.

Perhaps distracted by all that jack, they all failed to notice that Turkmenistan is right down there on the human rights s--t list, along with several other 'stans' cut loose in the fall of the Soviet Union. Mikhail Gorbachev has a lot to answer for.

"What's the next stop on her tour, Syria?" snorted the director of the Human Rights Foundation, citing evidence that Turkmenistan is among the most oppressive nations on Earth.

Or maybe she spent most of her pre-show prep trying to figure out how to sing "Happy birthday, dear Gurbanguly" before channeling Marilyn Monroe and going with "Happy birthday Mr. President."

Whatever. She and her people completely missed the fact that Turketc. is among the world's 10 most censored regimes, according to Reporters Without Borders, and stands accused of a host of ethnic and political crimes including torture and murder.

Even worse, Berdimuhamedow is a real improvement over his predecessor Saparmurat Niyazov, who, according to the U.K.'s Guardian newspaper, built a giant gold statue of himself that rotates so his visage is always facing the sun, and changed the names of the months — one in honour of his mother, and the other the title of his book. Oh, and he built an ice palace in the desert.

See how easy it is to confuse this place with Absurdistan? But no problem for JLo, who bounced onto the stage, with the usual enthusiastic shout-out: "Turkmenistan!" As if it was Winnipeg or Edmonton. Wherever the private jet stops and the door opens.

So JLo, who, believe or not, "works" with Amnesty International, joins the Geopolitically Challenged Celebrity Hall of Fame, which already includes Beyoncé, Mariah Carey, 50 Cent, Usher and Hilary Swank.

Once they found out that they were playing footsies with the real-life equivalent of Jabba the Hutt, Beyoncé, Hilary et al., fell all over themselves to give the dirty money back. So far, JLo remains attached to the filthy lucre, probably waiting for the media to determine the extent of the transgression, which appears to fall somewhere between Alec Baldwin and the Q-word and Paula Deen and the N-word.

Meanwhile, boys and girls, the next time you're tempted to fall asleep in social studies, snap out of it. Pay attention in class and you could avoid ending up in your own private Absurdistan. Don't end up like JLo and get stuck with the 'Duh' word.

ZOOM

Two dolls, one reality

NICKOLAY LAMM/MYDEALS.COM/REX FEATURES

Doll size based on average 19-year-old

What would Barbie look like if she were based on the figure of the average American woman? Remarkably different from the iconic doll. Artist and researcher Nickolay Lamm used the measurements of an average 19-year-old woman to create a 3D model, pictured to the right of Barbie. **METRO**

Barbie vs. American girl

Barbie	American girl
Waist 46 cm	Waist 79 cm
Hips 84 cm	Hips 84 cm
Bust 91 cm	Bust 81 cm

Lamm used measurements of an average 19-year-old girl based on data presented by the Centers for Disease Control and Prevention, the U.S. national public health institute. NICKOLAY LAMM/MYDEALS.COM

Influential image

"If we criticize skinny models, we should at least be open to the possibility that Barbie may negatively influence young girls, as well."

Nickolay Lamm
Artist and researcher

Busting Barbie's status quo

Citing scientific reports that say thin dolls affect body image, Lamm said: "If there's even a small chance of Barbie in its present form negatively influencing girls and if Barbie looks good as an average sized woman, what's stopping Mattel from making one?" **METRO**

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The circumstances that led to 19 elite Hotshot firefighters being overwhelmed by a fire in Arizona has been described as a "perfect storm" by an expert who knows their work well. Try these sources to learn more about what's required to do a very dangerous job.

THE ASSOCIATED PRESS

Outside Magazine:

In the Line of Wildfire: Former Hotshot Kyle Dickman returned to his old stomping grounds in 2012 and emerged with an engrossing long read on the training, tools and "this is all I ever want to do" mentality required to do the job. (bit.ly/15Y4ZTF)

National Geographic:

Taking Pictures Inside an Inferno: Photojournalist and certified wildland firefighter Mark Thiessen has carved out a niche on the forest fire beat. Here, he explains the hazards and obstacles of shooting inside a blaze and links to some of his work. (bit.ly/1965BuE)

Cronkite New Online:

Preparing for the Worst: In an article dated June 30, Connor Radnovich spends time with the Granite Mountain crew as they practice a worst-case scenario drill. Many of the men quoted have sadly been confirmed to be among the dead. (bit.ly/1900Rp0)

Letters

I think one must be absolutely cynical or completely daft to take partnerships developed in the Global South for the sake of alleviating poverty and hand them over to Canadian large corporations and mining companies which will end up exploiting their resources. Yet it is again the approach taken by the Harper government by recently amalgamating CIDA under the Department of Foreign Affairs, Trade and Development.

The Harper government is diverting Canadian development assistance for the poor to companies whose interests are opposite — in principle and practice — at the expense of the well-being of these poor people.

Mr. Harper knows the role played by multinationals in the impoverishment of several Third World countries. He is thus making another dangerous right turn in favour of the very rich, whose first victims, in the truest sense, will be the poorest of the world.

I hope pressures from the public, opposition parties and from members of their own party will force Harper Conservatives to change their mind towards CIDA and to adopt a much more human approach towards the poorest.

Bruno Marquis, Gatineau, Que.

WE WANT TO HEAR FROM YOU: Send us your comments: reginaletters@metronews.ca

metro

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Action

The Lone Ranger

Director. Gregor "Gore" Verbinski

Stars. Johnny Depp

The first ever Lone Ranger (Armie Hammer) story to be told from the perspective of sidekick Tonto (Johnny Depp), this Gore Verbinski directed film is a welcome twist on the legend of the masked crime fighter. Set against a backdrop of corruption during the building of the railway's westward expansion through Native American territory, this is state of the art Western, with plenty of action, some laughs and even a horse that drinks beer. Surprisingly nimble footed for a two-and-a-half hour epic, the movie is more violent than you might expect from a summer tent pole flick, but also provides laughs and a wild performance from Depp. **RICHARD CROUSE**

Celebrity news

Chavril tie the knot on Canada Day

Singers Avril Lavigne and Chad Kroeger tied the knot on Canada Day in a ceremony in the south of France, according to Hello magazine. Lavigne, 28, and Kroeger, 38, exchanged vows in front of about 50 guests at Chateau La Napoule in Mandelieu, France (near Cannes). The pair were engaged in August. **METRO**

Jigga what? Jigga who? Jay-Z flipping the script

Music business. The latest offering from Shawn Carter represents an overall change in the way music intends to do its future business

PAT HEALY
Metro World News

When Jay-Z put out The Blueprint 3 in September 2009, most of his fans had known about its arrival for the better part of a year. And in the months leading up to the release, the rapper would gradually share the title, track list, artwork and names of guest appearances to slowly and steadily amp up expectations for the album's eventual release.

Four years later and Jay-Z is using a totally different blueprint. Earlier this month, during the fifth game of the NBA Finals, he appeared in a commercial promoting Magna Carta Holy Grail, a brand new album that fans were hearing about for the first time, scheduled for release on the Fourth of July, less than a month after the announcement.

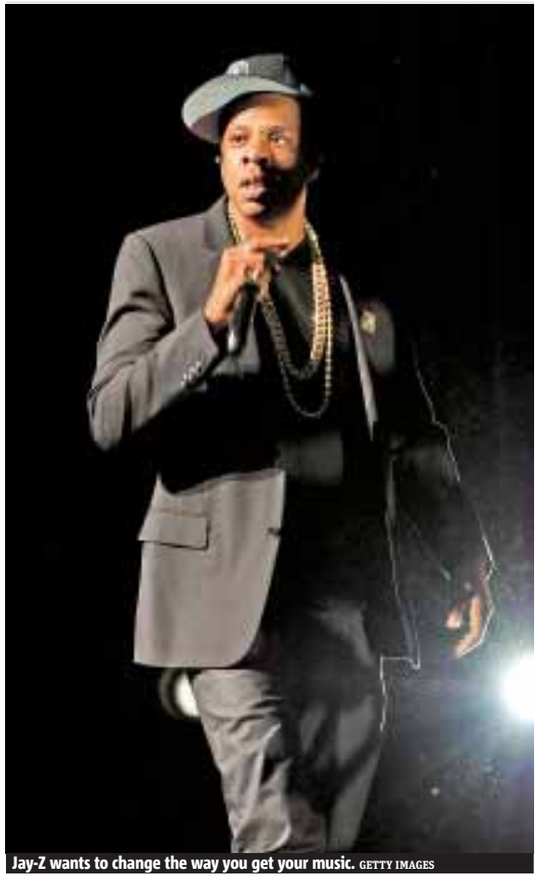
"The Internet is like the wild west," he says at one point during the three-minute spot. "We need to write the new rules."

It's part of an overall emerging trend.

"To be able to announce, 'This is now,' I see it as part of music marketing today that is on crack cocaine," says music industry veteran and author of the upcoming book, The Artist's Guide to Success in the Music Business, Loren Weisman. "Because if you're telling me it's coming in six months, I don't want to hear it."

Mike King, a former product manager at Rykodisc, who teaches music marketing courses at Berklee College of Music, says the sneak attack approach is not just due to the instant gratification of the Internet. It's also the personal nature of social media.

"If you look at the things that labels used to use to market music, like commercial radio and MTV, all of these places that labels used to spend their way into don't exist, but what does exist are these communities of hardcore fans," he says. "If you sneak it out to those people, they will be your absolute best ambassadors."



Jay-Z wants to change the way you get your music. GETTY IMAGES

Steve Knopper, a contributing editor for Rolling Stone, and the author of Appetite for Self-Destruction: The Spectacular Crash of the Record Industry in the Digital Age, says perhaps the music business has almost come to a place of acceptance with today's consumer culture.

"In the record industry this wasn't really possible before," he says. "Ten or 15 years ago it wasn't possible at all technology-wise, because they couldn't rush out an album that quickly. And then, up until the last few years, nobody wanted to do it even if they could because they were so scared of the Internet. They were so scared that, 'If we release something too quickly and we don't have the whole thing completely under control then people are going to pirate this!' But now it seems like no one cares. It's like, 'I have an album! Let's just get it out!'"

Kanye West's new album cover.

In the commercial for Magna Carta Holy Grail, Jay-Z shares his marketing strategy, and it doesn't sound much more complicated than the last clause that Knopper outlined.

"The idea is to really finish the album and drop it," he says, "giving it to the world at one time and letting them share it."

This sneak attack approach isn't exactly brand new. Mash-up artist Gregg Gillis built up a big word-of-mouth following with the 2006 Girl Talk album, Night Ripper. For the two Girl Talk albums that followed — 2008's Feed the Animals and 2010's All Day — he just quietly leaked them online and watched the reaction spread across the worldwide web like wildfire.

"Everyone gets to hear it at the same time, before reading any reviews or forming any opinions," says Gillis. "I think it's worked out great for me in the past, but for future releases, I have been actively thinking about giving it some short advance notice. Doing it in a strategic way can be helpful for giving it proper context."

So does that mean we can expect a new sneak attack from Girl Talk soon? If we told you, it wouldn't really be a sneak attack, would it?

Not the only

Jay-Z is just one of a growing number of major artists this year writing new rules.

- **Industry trend.** In January, David Bowie broke a decade of musical silence with a cryptic video that appeared on YouTube on midnight of his 66th birthday. Then in March, he released The Next Day, a full-length album that reportedly not even all of the top brass at his publicity company knew about until just days before its arrival. And Kanye West only made fans aware of last week's release, Yeezus, when he tweeted about it at the beginning of May. What these albums share is secret hard work behind the scenes, with a rushed approach and artwork that appears to just be dashed off the night before. Bowie's album cover is just a white square covering the album jacket for his 1977 album, Heroes. West's album cover is just a picture of a compact disc with a piece of red duct tape on the case.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Farrah Abraham ALL PHOTOS GETTY IMAGES

Farrah Abraham enters rehab, world collectively rolls its eyes

Teen mom turned porn star Farrah Abraham is checking into a rehab facility in Florida to deal with her drinking problem, Us Weekly reports. She'll spend 10 days at at the Lukens Institute in Palm Beach Gardens, Fla. "I'm 22 and I want to make better choices and ensure I can recognize when I am putting myself in a bad situation next time," said the "star," who within the past year has made a slew of good decisions, like driving under the influence (for which she got a DUI) and starring in a porno with James Deen. But don't think running away to Florida is going to solve your problem, Farrah. If anything, being in Florida (in a place other than Disney World, natch) is only going to want to make you hit the bottle harder.

Ruben Studdard

Ruben Studdard joins The Biggest Loser

Almost a decade ago, Ruben Studdard sang to us that he was "sorry for 2004," and now it looks like he's also feeling a little sorry for packing on the pounds. Indeed, the second American Idol champ is set to join the weight-loss juggernaut this fall, People reports. Studdard says his previous attempts at curtailing his obesity — he rang in at 455 pounds in 2006 — haven't gotten him very far before and that he's looking to get healthy so he lowers his risk for high blood pressure, diabetes and heart problems. We could easily make a fat joke about this, but we love Ruben. Godspeed, good sir! But please, if you can, try not to go the Jonah Hill route — we all know how that turned out. A little chunkiness is OK by us. As long as he still keeps on enough chunk fto keep referring to him as "the velvet teddy bear," we're good.

The Word

Drake skips BET awards over feud with Chris Brown

MELINDA TAUB
Metro World News in NYC

Drake was a no-show at this Sunday's BET Awards, despite being nominated for a whopping 12 trophies. What could induce someone to skip a party where people were going to say nice things about him all night?

He had a previous engagement on the high road.

Drake and Chris Brown can't stand each other, and according to Hollywood Life, Drake skipped the event to keep their feud from flaring up again. "The reason Drake isn't (at the BET Awards) is 100 per cent all about Chris Brown," a source said.

Good for Drake for trying to be the mature one. This is one feud where it's hard to root for them to make peace, though. Who would want to be on good terms with Chris Brown?

Despite his looks, talent, sex appeal, tons of cash and being known via just one name — a la Cher —Drake (Aubrey Drake Graham) isn't giving it up for just any old hussy who comes along.

"You know the way fighters don't f— before the fight? Sometimes I feel like I'm so focused on training my body and getting my mind right to create this album that sex isn't one of my main priorities," the rapper tells GQ in the July issue about his forthcoming album Nothing Was The Same. "If someone is around that I know and trust, I'm down. But I'm not going to end up with some stranger at this party."

Kim Kardashian

Kim's going stir crazy hiding from paparazzi

Poor, poor Kim Kardashian. The new mom to North West (that'll never get old) can't even leave the house to get her butt waxed because the paps will be all over her every move in the weeks following her baby's arrival.

"Kim really loves being a mom and she can't get enough of baby North, but being in the house all the time is making her stir-crazy," a source tells RadarOnline.com. "She says she feels isolated and wants to get out of the house but she can't because she doesn't want her picture taken by the paparazzi."

We feel slightly bad for Kim — every time she steps outside she has to watch her back. Still, what is the big deal about being seen shortly after giving birth? Any new mom will tell you that sweatpants and yesterday's shirt (with spit-up on it) are perfectly acceptable attire, Kim.

Twitter

@JimGaffigan
Happy Canada Day! It's an honour to have you on toup. Sourry.

@AmandaBynes
I Want A Million Dollars A Year For Illegally Having My Mind Read And Privacy Stolen

@mindykaling
What does one wear to a @Beyonce concert? A Freakum dress? Fendi shoes? VVS stones? Her songs are TOO instructional! Help

@Bethenny
When i connect with my girlfriends, i realize we're all hanging on by a thread: sick children, marriage stress, finances etc.

Doing Disney World is no Mickey Mouse undertaking

Live and learn.
Metro's Elisha Dacey sums up what she learned about taking your family to one of the world's most famous theme parks

ELISHA DACEY
elisha.dacey@metronews.ca

Ensure your visit to the Magic Kingdom doesn't lose its magic with some forward thinking. KENT PHILLIPS/DISNEY

Trying to sum up Walt Disney World in one short article is impossible. There are books, websites and industries around how to get through Disney World without throwing up, kiddo meltdowns, waiting in two-hour lines, third-degree sunburns or your feet turning into one giant blister.

So when my family and I got the chance to visit Disney World as part of Cityline's recent CityInDisney contest, I threw myself into research. Then I ignored most of it.

Here's what did work for us:

It's not all sunshine in Orlando

In fact, it rains nearly every day at some point then gets blisteringly hot again. Go to the dollar store and bring ponchos. I ignored this advice and ended up paying $21 for plastic Disney ponchos.

Bring Band-Aids

You'll need them for the blisters you develop when you wear those cute-but-ridiculous shoes that no one notices on the first day.

Bring out your running shoes

And don't wear any other kind of shoes. Good thick socks that wick away sweat also help.

The best investment we made:

Reusable water bottles with filters. There are water fountains throughout the park, but they can be hard to find. And if you're picky about how water tastes, this is better than drinking (very expensive) bottled water.

The food isn't that expensive

I saw a lot of complaints about how expensive the food is on various websites, but that's because Americans are used to cheaper food prices. The food prices were on par for what you'd pay at Canadian restaurants.

However, the food is hit-and-miss

Some of the restaurants were great. Some were awful. Use websites like UrbanSpoon and TripAdvisor to do some research.

Use the hotel concierge's services

I had trouble making reservations at sit-down restaurants myself, due to Disney's finicky website. But my hotel concierge didn't. Use their services — it's free — to find reservations at the various parks.

Remember to nap

Go when the parks open, leave around 11 or 11:30 a.m., eat lunch then head back to the hotel for a two-hour nap. For everyone. This avoids the worst heat of the day and kid meltdowns.

Take a break

We spent eight days at Disney and seven days in the parks. That one day off we spent at the resort in the pool. Taking a break relaxed everyone.

Hug every character, even if you're not a hugger

You'll feel better.

ELISHA DACEY IS THE EDITOR OF METRO WINNIPEG. FOLLOW HER ON TWITTER @ELISHADACEY.

Give lots of hugs. DISNEY

Camping

Don't be afraid of the great outdoors

ON THE MOVE
Loren Christie
life@metronews.ca

Reluctant to rough it? You don't need to be an experienced adventurist to enjoy camping in Canada. For people who want to get a taste of our country's great outdoors, consider the following:

Check out Parks Canada's Learn to Camp programs: They run throughout the summer at various national parks across the country and teach camping related skills like how to set up a tent or cook outside. Ontario Parks has its own version of Learn to Camp that includes a new 'Graduate' session for past participants.

Their programs are overnights that include all camping equipment. You just have to bring your own food, bedding and personal items. A bonus for those without wheels is this season's expanded Parkbus service leaving from downtown Toronto or Ottawa. Campers can take advantage of this transit service offering direct transportation to beautiful parks like Algonquin and Killarney.

Sleep in comfort and get off the ground: Yurts are round tent-like abodes offering urban comforts such as electricity and furniture. They have become quite popular over the last few years in parks from Nova Scotia to British Columbia.

Exclusive to a couple of national parks in Alberta and Quebec, oTENTiks are a cross between an A-frame cabin and a prospector tent mounted on a raised wooden floor, making it warm, dry and cozy.

Plan in advance: Whether or not a park requires advance reservations, it's worth making one to ensure you secure the days and spot you want.

Make a camping equipment checklist. I have a tattered and stained one from 1999 that I dig out annually. It will help you get organized. Parks Canada has a great checklist app you can download that includes safety tips, recipes and first timer advice. Don't panic if you don't own everything on the list.

Places like Mountain Equipment Co-op rent out big ticket items such as tents, sleeping bags and backpacks. For smaller items, consider borrowing from friends or better yet, invite them and their equipment along. Camping is more fun as a group anyway.

On a delicious veggie-eating roll

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Phyllo is a wonderful way to wrap a vegetable and cheese dish like this.

Traditionally, you would use puff pastry, which is loaded with saturated fat and excess calories. Phyllo is a much healthier alternative and is available in the refrigerated section of your supermarket.

Working with phyllo is quite easy. Just remember to cover up those sheets you're not using at the time.

Ingredients

- 6 oz asparagus spears, trimmed
- 1 tsp oil
- 1 1/2 tsp minced garlic
- 1 1/2 cups chopped red peppers
- 1/4 cup chopped green onions
- 1/3 cup creamy ricotta cheese
- 3 oz goat cheese, crumbled
- 2 tbsp grated Parmesan cheese
- 1 egg
- 1/4 tsp coarsely grated pepper
- 5 sheets phyllo pastry
- 2 tsp margarine or butter, melted

1. Preheat oven to 375 F and spray baking sheet with vegetable spray. In saucepan of boiling water or in microwave, cook asparagus for 3 minutes or until tender; drain and set aside.

2. In nonstick skillet over medium heat, add oil and cook garlic and red peppers for 5 minutes or until tender; add green onions and cook for 1 minute more. Remove from heat.

3. In bowl, combine cheeses, egg and pepper, until smooth.

4. Keeping remaining phyllo covered with a cloth to prevent drying out, layer two sheets of phyllo one on top of the other; brush with melted margarine.

5. Layer two more sheets of phyllo on top; brush with melted margarine. Put last phyllo sheet on top.

6. Spread cheese mixture over-top. Add sweet pepper mixture, and place the asparagus spears on top.

7. Starting from the long edge where the filling is, roll the phyllo and filling, jelly roll fashion. Tuck the ends under and place on prepared baking sheet. Brush with remaining melted margarine and bake for 20 to 25 minutes, or until golden brown. Cut into slices and serve. ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Asparagus, Red Pepper and Goat Cheese Phyllo Roll

This recipe serves eight. MARK SHAPIRO, ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

Drink of the Week

Hennessy Ginger Mojito

Simple changes add a gentle spice to this famous summer refresher.

- 1 sprig of fresh mint
- 1.5 oz Hennessy V.S.
- .5 oz lime juice
- .25 oz simple syrup
- Top with ginger ale
- Garnish with mint sprig

Place one mint sprig in the bottom of a shaker tin and press to bruise with a muddler. Add all liquid except ginger ale to the shaker with ice and shake until chilled. Strain into a Collins glass with fresh ice, top with ginger ale and garnish with a mint sprig. COURTESY OF HENNESSY

Hearty side of vegetarian bites

1. Crepes: In blender, blend eggs, milk, flour, 2 tbsp (30 ml) of butter and salt until smooth. Cover and refrigerate at least 1 hour.

2. Heat 8-inch (20 cm) stick-resistant skillet over medium heat; brush lightly with some of remaining butter. Stir half the chives into batter. For each crepe, pour about 1/3 cup (75 ml) batter into centre of pan, swirling to coat; cook, turning once, until set and light golden, about 1 minute. Transfer to plate; repeat with remaining batter to make 12 crepes.

3. Filling: In large, wide saucepan, melt 1 tbsp (15 ml) butter over medium-high heat; sauté mushrooms, onion, garlic, half salt, and pepper until golden brown and liquid has evaporated, about 8 minutes. In 2 batches, add spinach, letting each batch wilt before adding next, and stirring often. Once all is wilted, continue to cook until almost no liquid remains, 5 to 8 minutes. Remove from heat. Stir in rice.

4. In saucepan, melt remaining butter over medium heat; whisk in flour and cook, whisking often, until pale golden, about 2 minutes. Whisk in sherry, cooking 1 minute. Whisk in broth until smooth, then whisk in milk; bring to boil. Reduce heat and simmer, whisking often, until smooth and thickened, about 5 minutes. Whisk in 1 cup (250 ml) of the cheese, the remaining salt and the nutmeg until smooth.

5. Stir 1 cup (250 ml) of the sauce into mushroom mix. Spread 1/2 cup (125 ml) of sauce in greased 13- x 9-inch (3 l) glass baking dish.

6. Preheat oven to 375 F (190 C). With one crepe at a time, spoon about 1/3 cup (75 ml) filling in line along centre of each crepe. Roll up and arrange snuggly, seam side down and in single layer, in prepared dish. Drizzle sauce evenly overtop. Sprinkle with remaining cheese and chives. Bake, uncovered in oven until golden and bubbly, 35 to 40 minutes. RICEINFO.COM

Herbed Crepes with Cheese, Rice, Spinach and Mushrooms

This recipe makes 12 crepes or six servings. RICEINFO.COM

Ingredients

- 4 eggs
- 1 1/2 cups (375 ml) milk
- 1 1/3 cups (325 ml) all-purpose flour
- 1/4 cup (60 ml) butter, melted
- 1/4 tsp (1 ml) salt
- 1/4 cup (60 ml) finely chopped fresh chives

Filling

- 1/4 cup (60 ml) butter, melted
- 8 cups (2 l) sliced cremini or white mushrooms
- 1 large onion, thinly sliced
- 2 cloves garlic, minced
- 1 tsp (5 ml) salt
- 1/2 tsp (2 ml) ground pepper
- 8 cups (2 l) fresh trimmed spinach leaves
- 1 3/4 cups (425 ml) cooked U.S. brown or white rice
- 1/4 cup (60 ml) all-purpose flour
- 1/2 cup (125 ml) dry sherry, dry white wine, or vegetable broth
- 1 1/2 cups (375 ml) vegetable broth
- 1 1/4 cups (300 ml) milk
- 1 3/4 cups (425 ml) shredded Swiss cheese
- 1/4 tsp (1 ml) ground nutmeg

Side dish. Oven-Roasted Cauliflower with Pesto

NICOLE MACPHERSON
YummyMummyClub.ca

1. Preheat oven to 425 F. In a large bowl, toss cauliflower florets with the 1 tablespoon of olive oil.

2. Spread florets evenly on a rimmed baking sheet and sprinkle with salt and pepper. Roast in oven for 20 minutes.

3. Meanwhile, make the pesto: In a food processor, blend together basil, pine nuts, Parmesan, 2 teaspoons olive oil, and garlic.

4. Remove cauliflower from oven; toss with pesto, serve immediately.

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Ingredients

- 1 head cauliflower, broken into florets (approximately 4 cups)
- 1 tbsp olive oil
- Sea salt and cracked black pepper to taste
- 1/2 cup fresh basil
- 1 tbsp pine nuts
- 1 tbsp shredded Parmesan cheese
- 2 tsp olive oil
- 1 clove garlic

When business meets bon voyage

Work on the fly. You've just settled into your new job and now you're leaving on a jet plane? What to prepare.

MEGHAN GREAVES
TalentEgg.ca

Starting your first "real job" as a new grad comes with a ton of amazing opportunities and new experiences. One of which may be having the chance to do some business travel.

As a new grad, it's likely that you haven't experienced travelling for business as of yet and you may have some concerns or questions about successfully completing your first business trip.

Kristie Schmuck graduated from Conestoga College last year with an advanced diploma in business administration-marketing. She had a career waiting for her with a tech company in Waterloo, Ont., immediately after graduation and, shortly after starting in her role, she was shining bright enough for her boss to give her the responsibility of heading down to Cleveland, Ohio for a month.

Kristie shared how, as a new grad, she successfully got through her first business trip, and how it not only brought benefits to her company but her career as well.

Tips for trips

What is your top advice for new grads who are sent out on their first business trip?

- Be confident. The most important thing is confidence when you're travelling. It's perfectly natural to be nervous and apprehensive but you have to remember that the person who has sent you on this trip trusts that you can do the job you've been sent there to do.
- Once you acknowledge that, then you can start to have fun with it.

Why were you expected to travel as a new grad?

We had just recently formed a partnership with a new client in Cleveland, Ohio. The president of my company had travelled down for two weeks to train their team to use our product and launch the program. Upon his return, there were still many questions and confusion on how to use our tool to its fullest potential. As an experienced community specialist, my leadership team looked to me to take initiative and train the Cleveland team.

What did you have to get in order/prepare to ensure that your business trip went smoothly?

The first step was to plan flights, accommodations and budgets with my boss. This part was fairly stressful because I was worried about the cost of all of it and the idea of "expensing".

As a new grad, I still had some school debt, a lower salary and a low credit limit. This was concerning to me because without a company card I was expected to "take care" of everything myself and fill out expense reports for reimbursement. Communicating this to my boss also worried me because I thought he might think less of me. Fortunately he was very understanding and made appropriate arrangements so that the cost of the trip would not be an issue.

Feeling a little isolated in your foreign workplace? Find ways to socialize with your new set of contacts whenever the opportunity presents itself. ISTOCK

How were you successfully able to work well with a new and different team?

My role on this team, as a leader, was communicated with them well before I arrived. They were told to respect me as management even though I'm young.

This was helpful in establishing my position, but the rest just took knowledge of common leadership and teamwork skills. I find these fundamental and essential skills are universal when it comes to the workplace.

When travelling, is it important to stay in contact with your manager or boss daily to keep them updated?

Every night I would Skype with my boss to debrief him of the day previous. This was very helpful because he gave me strategies to deal with any issues I might have and how to approach the coming day. It was also important to receive feedback from them about my performance while I was away.

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On meeting your first meeting head-on

Sit but don't quit. Between conference calls and PowerPoint presentations, you may just pick up a few brownie points

MEGHAN GREAVES
TalentEgg.ca

One of the many new things you'll do when starting a new job is attend your very first meeting! Not a big deal right? Well sort of. In the grand scheme of things, it will more than likely not make or break your career. But it is something that you want to tackle properly.

Nobody enjoys sitting for hours on end, in a drab conference room, listening to person after person drone on about something nobody cares about anyway. Luckily, the trend in recent years has been to shorten meetings to make them more efficient, creative and collaborative.

Meetings have become less time consuming, increasingly more team oriented and in general more enjoyable, so they're more productive than ever. Employers understand the importance of facilitating an effective meeting not only for their employees, but the company as a whole.

So, how do you rock the socks off your first meeting, you might ask? Read on to learn how.

Put it in print. Unless a laptop has been approved for the meeting, take notes with a pen and paper. ISTOCK

Put your best face forward

Even simply nodding your head when someone makes a good point or smiling at a creative idea shows that you're invested and interested in the meeting.

Meghan Greaves

Prepare

This might seem obvious, but "prepare" doesn't mean showing up to the meeting ready to take pages of notes. Be ready to do that, but also think about getting enough sleep the night before to avoid being drowsy half way through, eating at the right time so your tummy doesn't start grumbling and being deeply aware of what the meeting will cover.

Here are a couple of other things to think about when preparing for your first meeting:

• Bring in a beverage with you to keep hydrated, such as coffee, tea, juice or water. This way if you get sleepy, hungry, or can't focus, you have something on hand to keep you attentive.

• Turn your cellphone off before the meetings starts.

• Be aware of your nervous habits and try to avoid doing them (i.e., tapping your pen on the table, tapping your feet, fidgeting, etc.)

• Have all of your materials prepared the day before to ensure you don't forget anything.

Be present

It's very important to show that you're not only physically present during the meeting, but mentally as well. You can do this by:

• Listening and taking notes as necessary. Try to keep all of your questions until the end when there will likely be a question period. Besides, your question might be answered along the way anyways.

• Showing that you're interested. This shouldn't be difficult, but sometimes when we're nervous we tend to zone out, which to your fellow coworkers can come across as you're not interested. Even simply nodding your head when someone makes a good point or smiling at a creative idea shows that you're invested and interested in the meeting.

Participate

During your first meeting you likely won't need to say much (phew!).

This doesn't mean you need to stay mute though. By communicating professionally (i.e., get your thoughts together before you speak), you can answer questions when addressed or make comments when appropriate. Remember, keep it short and sweet — don't ramble.

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NHL

Pens land 8-year deal with Letang

The Pittsburgh Penguins officially agreed to an eight-year contract extension with defenceman Kris Letang on Tuesday.

The $58-million deal begins with the 2014-15 season and runs through 2021-22. THE ASSOCIATED PRESS

Kris Letang GETTY IMAGES

CFL

Riders release receiver Carr

The Saskatchewan Roughriders have parted ways with import wide receiver Greg Carr.

The six-foot-six, 214-pound wideout is in his fourth year in the league. He joined the Riders in a trade with the Eskimos last September.

He was quiet in Saskatchewan's 39-18 win over the Eskimos in Week 1, with one reception for a five-yard gain.

He had 377 receiving yards and two touchdowns on 34 receptions in 14 games with Edmonton and Saskatchewan last season.

Carr's release could be paving the way for Geroy Simon's Roughriders debut. THE CANADIAN PRESS

No cakewalk for Kupchak

"We feel this is the best place for him to continue his career."

Lakers general manager Mitch Kupchak who along with Kobe Bryant, Steve Nash and other representatives of the team met Tuesday for about two hours with free agent Dwight Howard.

Potential agents of change far from free

NHL. With Lecavalier signing, Flyers make first stab at veteran crop as GMs weigh benefits under tight salary cap

Vincent Lecavalier, Danny Briere and Ilya Bryzgalov have injected some more intrigue into NHL free agency.

So much so that Lecavalier kicked off the annual signing period Tuesday, three days before it officially began, by signing a multiyear contract with the Philadelphia Flyers.

The deal reflects the impact the addition of several veterans, who had their contracts bought out, have made in boosting interest in a free-agent crop that lacked star power a year after Ryan Suter and Zach Parise created a buzz by hitting the market.

Lecavalier was able to shop around early because he was bought out.

"The depth isn't what it has been in past year, but there are some very good players available," Nashville Predators general manager David Poile said in a telephone interview on Tuesday.

"It's a different situation, though, with the lower cap so it'll be interesting to see what this crop of free agents gets both in terms of salary and years."

The NHL's salary cap will be $64.3 million for the 2013-14 season, a total significantly less than the $70.2 million in contracts teams could have on the books during the lockout-delayed season.

Lecavalier became unexpectedly available after the Tampa Bay Lightning bought out the contract of their 33-year-old captain last week. The Flyers did the same by cutting ties with Briere, a 35-year-old forward, and Bryzgalov, a 33-year-old goaltender.

"It's great to have players out there," Detroit Red Wings coach Mike Babcock said, "but you have to have money to spend."

With Lecavalier now off the market, Briere and Bryzgalov come into full focus. For now, though, their former team — Philadelphia — has secured the most marketable player out there.

The Dallas Stars were interested in Lecavalier, as well, but as general manager Jim Nill had indicated: "So are probably 28 other teams. It'll come down to money and fit."

Vincent Lecavalier boosted the value of this year's free-agent crop, but after the former Lightning centre was scooped up, it's unclear how much teams will sacrifice to add one of the remaining veterans. JARED WICKERHAM/GETTY IMAGES

Briere's agent, Pat Brisson, said about 15 teams already contacted him to express an interest and his client is looking forward to a fresh start with a Stanley Cup contender.

"He still has a lot in his tank," Brisson said. THE ASSOCIATED PRESS

Veteran role players

The best of the rest

NHL free agency won't be limited to the trio of accomplished veterans who were bought out, and will include notable names such as forwards Nathan Horton, Mike Ribeiro, Jaromir Jagr, Teemu Selanne, Jarome Iginla, Patrik Elias, David Clarkson and Pascal Dupuis unless any of them signed with their old teams after press time Tuesday.

"It's rare to find a star in his prime in free agency ..." Red Wings GM Ken Holland said. "But there are some secondary players and some past-their-prime guys that are battling father time that can help you."

Hernandez linked to 2012 double homicide

Aaron Hernandez at a bail hearing last Thursday in Fall River, Mass. THE ASSOCIATED PRESS

Boston police have asked authorities in the Connecticut hometown of Aaron Hernandez for their help with an investigation into a double homicide connected to the former NFL star, police said Tuesday.

Hernandez is already charged with murder in the shooting death of Odin Lloyd, whose body was found June 17 near Hernandez's home in North Attleborough, Mass.

The request from Boston police in the July 2012 double homicide was based on evidence developed through the investigation of Lloyd's slaying, Bristol Police Lt. Kevin Morrell said. He said police were asked to search the same home in Bristol for both investigations, and a vehicle was seized at the address on Friday.

Two people were killed in the shooting in Boston's south end on July 15, 2012. Witnesses reported seeing people inside a grey SUV with Rhode Island plates open fire on a vehicle carrying the victims, 29-year-old Daniel Jorge Correia de Abreu and 28-year-old Safiro Teixeira Furtado.

Boston police have declined to comment on whether Hernandez is being looked at as a possible suspect in that case.

Prosecutors say Hernandez, 23, orchestrated Lloyd's execution-style slaying. They say it happened after the two went to a night club days earlier and Lloyd spoke to people Hernandez didn't want him talking to. Two other men are also facing charges in connection with Lloyd's death. THE ASSOCIATED PRESS

DRIVE 5

Stick with search for auto connection

Autopilot. Pro Indy Car racer says driving stick gives you a proper feel for — and connection with — your car

AUTO PILOT
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To many of us who grew up in earlier decades, or in various foreign lands, learning how to operate a manual transmission was never a choice. If you couldn't shift it, you couldn't drive it.

The rise of the automatic transmission has shuffled learning how to "drive stick" into the optional recreational activity category, where you might find things like ice skating, making crafts from macaroni, and yodeling.

But there are lots voices in the automotive community that believe if you don't learn the fine art of manual shifting you not only miss out on some good clean fun, you also a big part of the driving experience.

"Learning to drive a manual is something that will stay with you forever," says Alex Tagliani. "It gives you a connection to the car…You have a better understanding. It doesn't matter if you then decide to drive an automatic for your every-day car. It will always help you as a driver."

It certainly helped Tagliani. He's been a professional IndyCar racer for over a decade. He drove at Indy 500 earlier this year (finishing 24th) and will be driving at the Honda Toronto Indy very soon (July 12-14).

Tagliani believes drivers don't have the "feel" they used to, because modern machines are taking over the dicey bits of driving, with stuff like all-wheel-drive, traction control and ABS. Learning to drive manual will help you regain and develop your "feel" for the road, says Tagliani.

He was the surprise guest at a recent Honda Canada event, which was about turning non-shifters into shifters, and promoting the art of shifting in general.

Tagliani was taught to drive a stick, when he was 11, by a grandfather he was visiting in Italy. That kind of passing of the "stick" is not happening today, says Hayato Mori, Product Planning Manager, Honda Canada.

"Parents don't drive manuals, so their kids don't drive manuals… Ask any 25 to 30-year old, 90 percent of them have yet to experience a manual."

Some mainstream automakers have decreased their manual offers, and the super exotic sports cars are increasingly going with "clutchless" transmissions (computers can simply shift gears faster than humans, end of story).

But Honda, Mazda and VW seem determined to keep the lights on. Honda offers manuals on Fit, Civic, Accord and CR-Z (the only hybrid available with a stick). About 20 per cent of those models are sold with manual transmissions — a percentage that seems to be holding.

At the session I attended, trainers successfully got complete newbie's shifting within an hour. If you're not shifting yet, what's stopping you? To get you started, check out our sidebar of helpful hints, provided by the Honda Canada trainers.

Long live the stick appears to be Honda's motto.

Let's learn shifting

- Pick a big parking lot and stick with it, there will be ups and downs. But If you're not having fun you're not learning.
- From a standing start, let clutch out slowly, with no gas, modern cars have lots of torque at idle and their engines rarely stall.
- Don't drive with your foot on the clutch. Only three clutch-foot moves: pushed to the floor to engage, out slowly after engaging next gear, then on the dead pedal.
- Adjust seat so you are able to depress clutch pedal all the way to the floor with still some bend left in the knee.
- Most common rookie mistake: forget to engage clutch when braking to a stop. When in doubt, both foot out.

Be in right position to wipe out whiplash

Driving force. Keeping your head close to the headrest will reduce the chance of the common neck injury happening in a crash

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Originally called headrests, the adjustable cushions atop the seats are now known as head restraints. That's because they're designed and engineered to restrain your head movement during a crash, helping to avoid the painful injury commonly known as whiplash.

"It's typically a soft-tissue injury that results from movement of the head relative to the body, and typically occurs in rear-end and side-impact collisions," says Douglas Romilly, associate professor of mechanical engineering at the University of British Columbia.

"The neck is like a spring attaching the head to the body. The head moves back while the body moves forward, and that produces an S-shape in the neck. This can exceed the tolerance level of motion and you can get an injury."

Facts

- **Study.** One study shows that while 95 per cent of drivers wear seatbelts, less than 50 per cent have their head restraints adjusted properly.
- **Looking forward.** In the future, seats may use sensors to determine a driver's size and adapt themselves to it.
- **Symptoms.** Whiplash symptoms can include neck pain, dizziness, headaches and long-term fatigue.

Many new vehicles include active head restraints, which use mechanical or pyrotechnical devices that move the restraint forward in a crash, cradling the head and keeping it closely aligned with the spine.

However, the head restraint has to be properly positioned for it to provide protection.

"We recommend that the top of the head restraint be even with the top of the head at least, or a little higher," Romilly says. "And it should be two to five centimetres away from the back of the head. We want it to be close so it will protect you in a crash."

Don't get whipped

"It's typically a soft-tissue injury that results from movement of the head relative to the body, and typically occurs in rear-end and side-impact collisions."

Douglas Romilly, associate professor of mechanical engineering at UBC

When your body moves backwards in a collision, it will compress the seat foam, so you'll be pushed back into the seat. If your head is too far from the head restraint, this extra distance — even though it's slight — could provide enough space to allow the whipping motion of your head and neck that can cause injury.

On some vehicles, the restraints lean forward and may press uncomfortably into the back of your head, especially on older models with first-generation active restraints.

Reclining the seat back slightly should help you find a comfortable position, but be sure the restraint is still high enough and close enough to your head.

While many automakers use active head restraints, some use an overall safety seat design that helps to protect against whiplash. However, neither system is mandatory, and so not all vehicles have them. They're also relatively rare in the rear seats, although whiplash protection is just as important for passengers there. You can use the Rate Your Car resource at whiplashprevention.org to compare vehicles for occupant safety.

"The goal is to keep the head and torso aligned, so there is very little relative movement between the two," Romilly says. "That will minimize the dynamic loading in your neck."

The correct way to postion your head and neck while driving. PROVIDED

Horoscopes

♈ Aries
March 21 - April 20
Fame and fortune are yours if you want them but they will cost you. If you are the kind of Aries who values your privacy, you may prefer to find ways to work behind the scenes.

♉ Taurus
April 21 - May 21
Try to be tactful today, especially when dealing with people who get emotional for no reason. The good times are about to begin and the last thing you want is to be drowned in a flood of tears.

♊ Gemini
May 22 - June 21
Even if you are the kind of Gemini who is on the go every moment of the day, you are advised to slow down a bit over the next 24 hours. You can't do it all on your own, so get help with the heavy stuff.

♋ Cancer
June 22 - July 23
Rules are made to be broken and at this time of year, you can break as many as you please. Others may marvel that you get away with so much but you know it is all a matter of style.

♌ Leo
July 24 - Aug. 23
You don't lack for advice, but you must ignore it all and follow your heart. Deep down you already know all the answers. Sit quietly and listen and you'll hear them.

♍ Virgo
Aug. 24 - Sept. 23
Everything that is meant to happen will happen in its own time, so stop worrying and start looking for ways to enjoy life more. Spend as much time with friends as you can today — they'll make you smile.

♎ Libra
Sept. 24 - Oct. 23
It does not matter in the slightest what others think of what you are doing. The only thing that counts is that you get on with it. Some may love, some may hate — but everyone will respect you.

♏ Scorpio
Oct. 24 - Nov. 22
Everything seems to be speeding up, and that's good. Changes will come thick and fast over the next few days but because they are the kind of changes you enjoy, you won't mind in the slightest.

♐ Sagittarius
Nov. 23 - Dec. 21
Facts and figures you were not meant to know about will give you an advantage in business matters today. Who cares how you saw them? It matters only you use them for your benefit.

♑ Capricorn
Dec. 22 - Jan. 20
You have both might and right on your side now and you must use them to further your interests. It may not be a dog eat dog world, as some people claim, but there are still battles to be fought and won.

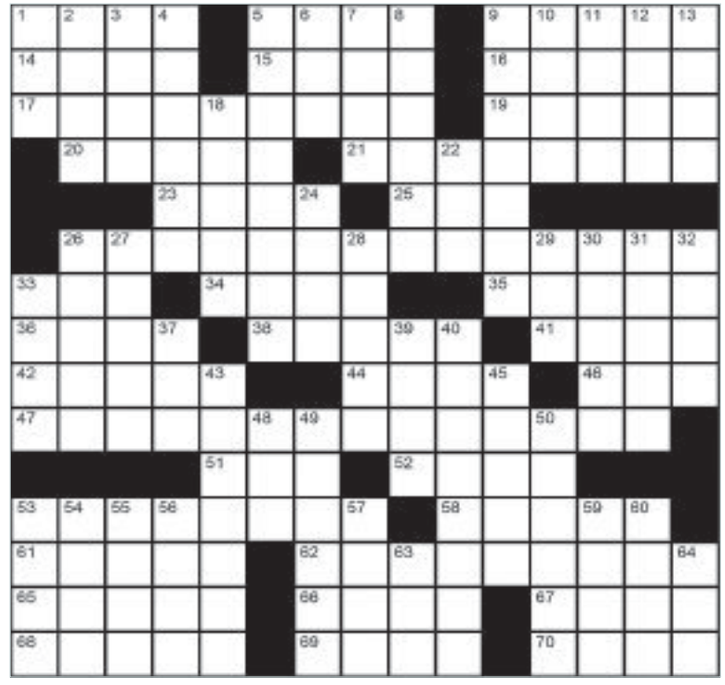
♒ Aquarius
Jan. 21 - Feb. 19
Try not to take life so seriously. It may annoy you that there is so much injustice in the world but there always has been and there always will be. Do what you can and be happy.

♓ Pisces
Feb. 20 - March 20
If you feel that your life is beginning to spin out of control then get advice from people you can trust. If nothing else they will calm you down and help you see that things are not really so bad. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

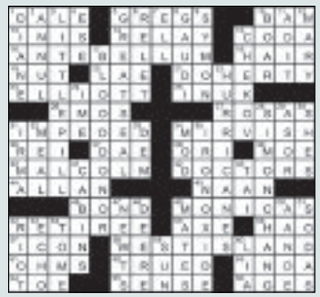
BY KELLY ANN BUCHANAN



Across
1. Ms. Amos
5. Bird's flying move
9. Macaroni & Cheese = __ Dinner
14. Shakespeare's river
15. James __ (Co-writer of Broadway musical Hair)
16. Viking chieftain of Normandy
17. Celebrity photo takers
19. Bernie's co-songwriter
20. Town just south of Edmonton
21. Address spot
23. Inquires
25. Prof's helpers
26. Born near Brantford, ON in 1912, Mohawk actor who played Tonto on "The Lone Ranger": 2 wds.
33. Lay the grass
34. Burden
35. God in Arabic
36. Ms. Sedgwick
38. Fairy tale name
41. Ballet movement
42. Sewing cases
44. Ancient region of Europe
46. Stop
47. 'Sugar-Free Gum' ...en francais: 3 mots
51. Scientific spot, shortly
52. Prong
53. Track racing vehicle: 2 wds.
58. Chili con __
61. Garlic mayonnaise
62. Beach's refreshing wind: 2 wds.
65. Type of comic book artist
66. Fashion designer, Marc __
67. Magic spell beginning...
68. Verbally agree, ___
69. Soul music record label
70. Temporary money

Down
1. Faucet
2. __ Office
3. Lasso
4. Within 24 hours: 3 wds.
5. Divisive method of gas and oil extraction
6. __-_-Boy (Recliners brand)
7. Carpentry tool, variantly
8. Montreal suburb, __-Claire
9. Canadian R&B singer Ms. Turner
10. Salad's friend
11. Saxophone sort
12. Collapse
13. Muscle quality
18. Rene of "Tin Cup" (1996)
22. Tsar as Czar = __. sp.
24. Disparage
26. Three Dog Night's "__ __ the World"
27. Tight as _ __
28. Peaceful hand signal
29. "Lucky Man" rock gr.
30. Aunt in Oklahoma!
31. "Rawhide" by Frankie __
32. Backyard building
33. Keel part
37. Point
39. Sailboat part
40. Instrumental hit for Canadian musician Frank Mills: "__ __ Dancer"
43. Manitoba city; or, BC mountain range
45. Of the moon
48. Cul-de-__
49. Puts down
50. Shreddies
53. "Je ne __ quoi."
54. Bryan's "It's Only Love" duettist
55. Bit of "The Addams Family" theme: "...mysterious and spooky / They're all together __..."
56. Liz Taylor role in '63
57. Prefix with 'angle'
59. Biblical mount
60. Poet Mr. Pound
63. Alias letters
64. Suffix with 'Jacob'

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6				4				1
	1				5	3	4	
	7		9	6				
	6					9		
3		9				2		5
		4					8	
				2	4		5	
	4	1	8				7	
8				3				2

Yesterday's Sudoku

8	5	2	1	6	4	9	7	3
6	4	7	9	3	2	5	8	1
1	3	9	7	5	8	4	6	2
9	2	1	4	8	3	7	5	6
3	6	8	5	7	1	2	4	9
4	7	5	2	9	6	3	1	8
7	8	4	3	1	9	6	2	5
5	9	6	8	2	7	1	3	4
2	1	3	6	4	5	8	9	7

Today
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Thundershowers
40%
Thursday
29°/15°
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Ford Employee Ford Retiree

Bill H. and his son **Greg H.**
Ford Retiree Ford Employee

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